

# AMERICAN RED CROSS LIFEGUARD TRAINING COURSE

\$220

Before enrolling in this course, you must successfully complete a pre-course session.

	DATES	DEADLINE TO COMPLETE PRE-COURSE	SCHEDULE		LOCATION
<b>LGT 1 2016</b>	December 10-11 & 17-18	December 8	Saturday 9am-6pm	Sunday 1pm-6pm	Paula Martin Jones
<b>LGT 2 2017</b>	March 4-5 & 11-12	March 2	Saturday 9am-6pm	Sunday 1pm-6pm	Paula Martin Jones
<b>LGT 3 2017</b>	April 22-23 & 29-30	April 20	Saturday 9am-6pm	Sunday 1pm-6pm	Paula Martin Jones
<b>LGT 4 2017</b>	May 4-5 & 11-12	May 2	Saturday 9am-6pm	Sunday 1pm-6pm	Longview Swim Center
<b>LGT 5 2017</b>	May 22-27	May 20	Monday-Friday 4:30-9pm	Saturday 8am-1pm	Longview Swim Center

Paula Martin Jones Recreation Center is located at 515 West Avalon Avenue.  
Longview Swim Center is located at 1111 West Fairmont Street.

### Prerequisites:

To enroll in the Lifeguard Training Course, you must be at least 15 years of age before the last scheduled class session. There will also be a pre-course session, in which you will be required to pass a swimming skills test before you will be able to register for the Lifeguard Training Course.

### Refund Policy:

To receive a refund for this course, participants must make the request before the registration deadline. If the request is made after the registration deadline and prior to the starting date, participants will be charged \$25.00 for refund requests plus the cost of materials if not returned in an unused condition. No refunds will be made after the first day of class.

If the course's registration minimum is not met by the registration deadline, registered participants will be notified. The participant will be given a choice to register in a later class or receive a full refund.

# AMERICAN RED CROSS LIFEGUARD PRE-COURSE INFORMATION

FREE

**The skills you will perform at the Pre-Course Session are as follows:**

- ✓ Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke, or a combination of both.
- ✓ Tread water for 2 minutes using only the legs.
- ✓ Starting in the water, swim 20 yards using front crawl or breaststroke, make a surface dive to a depth of 7-10 feet to retrieve a 10-lb object, return to the surface and swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds. **Note:** the participant must hold the object with both hands, placing the object on his or her chest, and must keep his or her face above the water.

Participants must successfully complete one pre-course session prior to enrolling in the Lifeguard Training Course. Participants may sign up for any Pre-Course Session as long as it is completed before their desired Lifeguard Training Course start date.

DATE	TIME	LOCATION
December 3, 2016	10:00am	Paula Martin Jones
December 5, 2016	6:00pm	Paula Martin Jones
December 8, 2016	6:00pm	Paula Martin Jones
February 25, 2017	10:00am	Paula Martin Jones
February 27, 2017	6:00pm	Paula Martin Jones
March 2, 2017	6:00pm	Paula Martin Jones
April 8, 2017	10:00am	Paula Martin Jones
April 17, 2017	6:00pm	Paula Martin Jones
April 20, 2017	6:00pm	Paula Martin Jones
April 29, 2017	10:00am	Paula Martin Jones
May 1, 2017	6:00pm	Paula Martin Jones
May 4, 2017	6:00pm	Paula Martin Jones
May 15, 2017	6:00pm	Paula Martin Jones
May 18, 2017	6:00pm	Paula Martin Jones
May 20, 2017	10:00am	Paula Martin Jones

**PLEASE CALL 903-237-1270 or 903-237-1066 TO REGISTER  
FOR THE PRE-COURSE SESSION YOU WISH TO ATTEND**